

Step by Step: Tactics for Successful Goal Setting

An important tip in developing goals is to use the word "I" with each goal and write it in the present tense. Your subconscious mind responds only to commands that are personal, positive and in the present tense. Also, be very clear about your goals. Your success in life will be largely determined by how clear you are about what it is you really, really want.

1. **Develop desire for health:** A desire is completely personal and comes from within. Our actions are usually based on fear or desire. Fear is a powerful force but not one that spurs us toward greatness. Desire, though, is a burning that comes from within and has the power to change our very nature and core.
2. **Develop Belief:** In order to fully achieve anything, you must believe it is possible at a cellular level. Make your goals obtainable, but challenging. Set short-term goals that will lead up to your long-term goal.
3. **Write it down:** Once your goal is in writing, it is concrete. Write out your goal in 2 ways. The first way is to put it in detail. Be specific on what your life will be like when you have met this goal and put this in an envelope to read when you need encouragement and motivation. The second way to write it down is in one sentence that capitulates what that goal is. For instance, you may write "I choose only foods that add life and vitality to my organs and cells and hydrate myself with clean, pure water." Take this sentence and write it on several post-it notes. Place them in your car, at your office, on your bathroom mirror and one by your bed.
4. **Make a list of all the ways that you will benefit from achieving your goal:** The reasons why you set your goal are the forces that will move you in the direction of the goal.
5. **Analyze your starting point:** This will provide a baseline to measure your progress against.
6. **Set a deadline:** If your goal is to obtain a certain weight, blood pressure, or cholesterol, set a deadline. Setting a deadline programs it into the cells to achieve that goal by a certain time, if not sooner.
7. **Make a list of obstacles that stand between you and the accomplishment of your goal:** After listing all the possible obstacles that you can think of, re-list them in order of difficulty to overcome. The one you list first is your "rock" that you must climb.
8. **Identify the additional information you will need to achieve your goal:** There are multiple resources available on many subjects. If there is an area you are pursuing, research it and empower yourself with all of the information you can.
9. **Make a list of all the people whose help and cooperation you will require:** This list may include family, friends, co-workers, your doctor and whomever else you deem appropriate. Be careful in selecting only those who you know will support and encourage you in the fullest.
10. **Make a plan:** Write out in detail what you want, when you want it, why you want it, and from where you are starting.
11. **Use visualization:** What you see is what you get. Visualize yourself participating in activities that also add life and provide energy. Picture how good you will feel
12. **Make the decision in advance that you will never, ever, give up:** "Failure is not an option." Surround yourself with those who are choosing wisely and who care enough about you to hold you accountable. Everyone has days, or weeks, where we slip. The important thing is that you realize this, admit it and get back on board.

Brian Tracy's book "[Maximum Achievement](#)"



My Personal Goal Setting Plan

Date _____

My top three goals, and the benefits and obstacles of each:

Goals:	Benefits:	Obstacles:
1.		
2.		
3.		

The first goal to focus on is: _____

Explanation of goal in detail: _____

Explanation of goal in one sentence: _____

The largest obstacle will be: _____

Starting point (baseline information): _____

Deadline: _____

Resources to seek out: _____

People to call on for support: _____

Remember: Failure is not an option. You may fall, but you must not stay down.

Signed: _____

Signed: _____